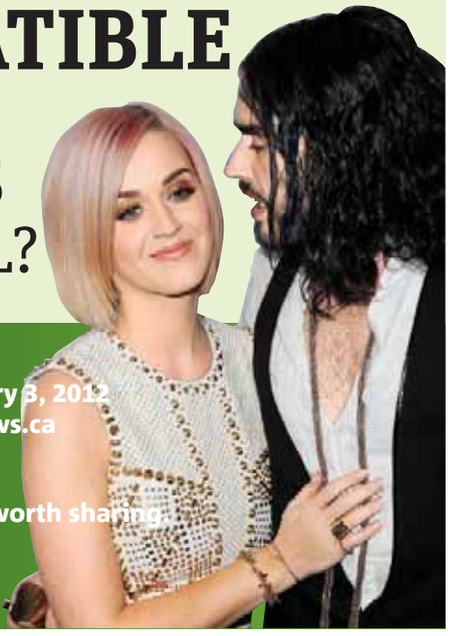
TORTURED AFGHAN TEEN WIFE TO RECEIVE TREATMENT IN INDIA

{page 12}

L.A. ARSON SPREE
ARREST MADE AFTER 53 WEEKEND FIRES {pages 8-9}

INCOMPATIBLE
WAS KATY TOO FAMOUS FOR RUSSELL?

{page 17}



TORONTO metro®

Tuesday, January 3, 2012
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News worth sharing

Mayor's. Meet-and-greet

▶ Mayor Rob Ford greets one of the 300 members of the public who lined up to meet him at the annual Mayor's New Year's Levee at city hall Monday.

VINCE TALOTTA/TORONTO STAR

Protesters crash Rob Ford's New Year's party

Although the day was mainly cheerful, the event was interrupted twice by people chanting in opposition to proposed budget cuts. One protester who helped to unfurl an anti-cuts banner in front of Ford was detained and later released on a promise not to return to city hall for the rest of the day. Story, page 3.

Woman found dead in home

◐ Murder out of character for Leaside neighbourhood ◐ City's 3rd murder of 2012

Police have confirmed a woman found dead in her Leaside home as the city's third homicide of the new year, with one man in custody as an investigation continued Monday.

It's not clear how the body was discovered or who called police, but neighbours say at least a dozen police vehicles swarmed the area late Sunday afternoon and cordoned off the home at 211 Airdrie Rd., near Bayview Avenue and Eglinton Avenue East.

A deflated Santa hung from the banister of the house's front steps, wrapped in Christmas wreaths below neatly hung lights. A police cruiser and forensics truck were stationed outside the single-floor residence surrounded in yellow police tape Monday afternoon.

Police have yet to confirm the names of the woman or the man in custody.

Homicide update

- **Police have identified Toronto's** first two homicide victims of 2012.
- **But last year,** the city had its lowest murder rate in 25 years.
- **See page 4** for more coverage.

Neighbours said Lisa Lebitka, 45, listed at the address, was renting the home, where she lived with a boyfriend known to them as Paul, her three young children from a previous marriage and their Golden Retriever, Bella.

One next-door neighbour, who asked not to be identified, was shocked to think anything unorthodox had occurred at Lebitka's home.

"They were the happiest family you have seen," the woman said.

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Well-wishes, protests at Mayor's New Year's Levee

Moe Levin, no fan of Mayor Rob Ford, had considered telling him off at the annual Mayor's New Year's Levee on Monday afternoon.

In the end, Levin thought better of it. When the 24-year-old got his chance to speak to Ford, he politely conveyed his holiday best. Then, with a broad smile, he posed with Ford for photos.

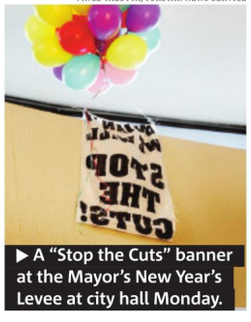
In an exceptionally rare occurrence at city hall, good cheer ruled the day. Ford, in his glad-handing element, exchanged greetings with more than 300 people who lined up in the lobby to meet him. Most were supporters; Ford smiled and bantered with even the critics.

The prevailing pleasantness was interrupted twice by people chanting in opposition to proposed budget cuts. One Stop the Cuts Network member who helped unfurl an anti-cuts banner in front of Ford was detained by city hall security.

Ford left without speaking to reporters.

TORSTAR NEWS SERVICE

VINCE TALOTTA/TORSTAR NEWS SERVICE



▶ A "Stop the Cuts" banner at the Mayor's New Year's Levee at city hall Monday.

Low. Visibility

▶ Jonathan Rose pulled out the snowblower under white-out conditions to clean the sidewalk in front of his house on Anne Street in Barrie, Ont., Monday afternoon.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Arctic air puts city on cold alert

After temperatures dropped steadily on Monday due to a cold Arctic wind, the forecast high for Toronto today is -12 C, but the wind chill will make it feel more like -27 C. The City of Toronto issued an extreme cold weather alert on Monday.

Stopping fights not TTC's job: Spokesman

Subway brawl on New Year's Day ◐ TTC says its duty is to hold trains, call police and transit enforcement

While 2011 ended with a tale of lovemaking on the TTC, 2012 started with a tale of war.

A brawl erupted on a Bloor subway car around 2 a.m. Sunday, as it pulled out of Yonge station. When the train opened its doors at Sherbourne station, the fight spilled onto the platform and was captured by rider Justin Kozuch on his phone.

One bystander expressed shock that transit workers didn't intervene, but the transit commission says responding to criminal activities on the subway is a police responsibility.

"An assault or a fight is a criminal activity," said TTC spokesperson Brad Ross.

"We certainly wouldn't expect our subway guard or operator to get involved. That is a police responsibility. They're trained to deal with those types of situations."

Police said they were alerted that about five to 10 people fighting on the eastbound platform of the Sherbourne subway station. But by the time officers arrived on scene, everyone had fled.

In mid-December, an intoxicated couple began having sex in a car on the University subway line and at Spadina station platform.

TORSTAR NEWS SERVICE

Eyewitness

- Chloe Tejada, 27, said she was getting on an eastbound train at Yonge station when the fight broke out.
- "There was a girl saying some guy had punched her and she wanted to get at this guy and hurt him and his friends," she said. About 10 people were in the brawl, she added.
- Several bystanders who tried to intervene were thrown to the ground, said Tejada.

1 news

Montreal's revamped Cosmodome offers visitors a chance to explore the universe at a fraction of the $35-million cost of being a space tourist. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Edmonton photographer Paul Burwell explains how he creates his detailed and radiantly lit images of snowflakes. Video at metronews.ca/video

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Police on the case in men's slayings

On the same day Toronto police confirmed they were investigating a homicide after a body had been pulled from a Leaside home, they also identified the city's first two homicide victims of 2012.

Police say the first — Jamahl Franklin, 20 — was shot to death early Sunday morning in the Finch Avenue and Neilson Road area.

The second victim — Michael Pimentel, 24 — was stabbed to death in the city's west end just before 3 a.m. Sunday. He was taken to hospital with life-threatening injuries and died later.

Police say it appears Pimentel, who had been at a New Year's Eve party, may have gotten into a fight at the corner of East Liberty and Hanna streets after being separated from his friends.

TORONTO POLICE/CONTRIBUTED

▶ Michael Pimentel

TWITTER.COM

▶ Jamahl Franklin

Pimentel's grief-stricken family made an emotional plea to the public for information on the incident.

"Help us find that person out there so he can't hurt nobody else," said Carla Pimentel, the victim's older sister. "Please, let's get him off the streets."

Stabbing update

- Police say a woman who was stabbed in the neck last week at a restaurant near Spadina Avenue and Dundas Street has died.
- Guang Lu, 45, of Toronto, died of her injuries in hospital on Saturday.
- Chi Kuan, 57, is now facing an upgraded charge of second-degree murder in the incident. He is scheduled to appear in court Tuesday.

There have been no arrests in either homicide.

THE CANADIAN PRESS/WITH FILES FROM TORSTAR NEWS SERVICE

Numbers tell the story

2011 was an unusual year for murders in Canada, with some areas setting records for most or fewest homicides Here's a look at all eight of Metro's Canadian cities

Vancouver
Population: 578,000

The City of Vancouver saw 15 homicides in 2011. The final homicide in the city was the New Year's Eve stabbing death of 19-year-old Dylan Cody Smith at an apartment. In Metro Vancouver and the Fraser Valley, there were 35 homicides in 2011, according to CBC.

15

Edmonton
Population: 730,000

Edmonton saw its deadliest year ever in 2011 — including two slayings in the final 24 hours, with a 35-year-old man and a woman in her 20s becoming the 46th and 47th homicide victims. The city, which led the country in homicides, surpassed its previous record of 39 from 2005.

47

Winnipeg
Population: 633,000

Winnipeg saw a record 39 homicides in 2011, up from the previous record of 34. The high number of killings was attributed to increasing gang violence and one instance where a woman allegedly set fire to a rooming house, killing five occupants.

39

Halifax
Population: 370,000

Homicides were up significantly for Halifax, with 17 throughout the municipality in 2011. That's six more than in 2010 and four more than the previous record of 13 from 2009. Most of the homicides weren't random, but in late November three teens were charged in the indiscriminate shooting of a Halifax-area senior out for a walk.

17

Montreal
Population: 1.6 million

Montreal saw 35 homicides on its territory in 2011, down two from 2010. In the province of Quebec there were 102 homicides, an increase of 28 per cent.

35

Ottawa
Population: 812,000

Ottawa had 11 homicides in 2011. Four victims were women and the rest men. Knives were used in five of the cases. Three other victims were shot, all of whom were men with criminal ties. The shootings remain unsolved as do three other cases: in one case, the cause of death has not been released.

Ottawa had 10 homicides in 2010.

11

Calgary
Population: 988,000

Early intervention and funding commitments from municipal and provincial governments are being touted as major factors in keeping Calgary's homicide number at 11, the lowest it's been in eight years. The final count is in stark contrast to killings at the height of the city's gang war in 2008 and 2009, when roughly three times the murders were recorded.

11

Toronto
Population: 2.5 million

Toronto recorded 46 murders in 2011, the lowest number in 25 years. This was the fourth straight year of declines since 2007, when the city recorded its deadliest year (matched in 1991) with 86 homicides. Police Chief Bill Blair attributed some of the decline to the disruption of gang activity following sweeping raids carried out across the region.

46

London
Population: 352,000

London police reported eight homicides in 2011 — up from seven in 2010 — the most murders on record since slayings spiked to 14 in 2005. The last murder was reported on Dec. 27, when Said Hadbai, 20, was found shot in a parking lot. He died in hospital.

8

METRO CANADA/ TORSTAR NEWS SERVICE

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POLITICS

Baird defends new office

Foreign Affairs Minister John Baird says his department's new Office of Religious Freedom won't become a vehicle for playing domestic politics in Canada's immigrant communities.

Baird is dismissing criticism the new office could lead to an uncomfortable mix of religion and politics.

The Tories announced the creation of the office in their election platform last spring, but have yet to roll out details of the new entity, to be housed within Foreign Affairs.

The government is expected to formally announce the new office early this year.

Baird has high hopes for the new office, even though it will come with a modest $5-million price tag.

THE CANADIAN PRESS

'Diefenbaby' tests prove inconclusive

Genetic tests a man says could have shown John Diefenbaker was his father have proven inconclusive.

George Dryden wants to prove he is the only child of Canada's 13th prime minister. THE CANADIAN PRESS

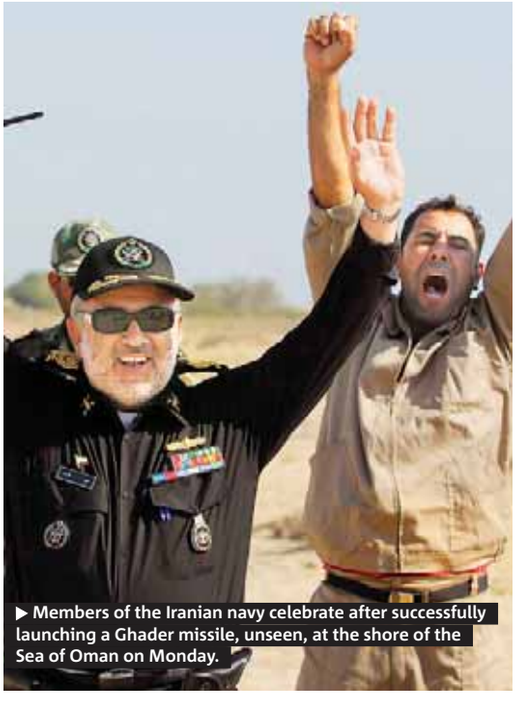
Crashes cost taxpayers millions

Government records show fender benders involving federal vehicles in recent years cost taxpayers $28 million in repairs or write-offs. Two-thirds of the cost came from the Mounties.

THE CANADIAN PRESS

Iran flexes its muscles

HAMED JAFARNEJAD/FARS NEWS AGENCY/THE ASSOCIATED PRESS



▶ Members of the Iranian navy celebrate after successfully launching a Ghader missile, unseen, at the shore of the Sea of Oman on Monday.

Test-fire of upgraded missile 'hits intended target' Tensions rising

Iran test-fired a surface-to-surface cruise missile Monday in a drill its navy chief said proved Tehran was in complete control of the strategic Strait of Hormuz, the passageway for one-sixth of the world's oil supply.

The 10-day naval manoeuvres, which are scheduled to end today, were Iran's latest show of strength in the face of mounting international criticism over its nuclear program.

There have been conflicting comments from Iranian officials over Tehran's intentions to close the Strait of Hormuz and U.S. warnings against such an ominous move.

"The Strait of Hormuz is completely under our control," Iran's navy chief Admiral Habibollah Sayyari said after Monday's test. "We do not allow any enemy to pose threats to our interests."

Israeli Defence Minister Ehud Barak said the Iranian exercise was a show of strength intended "to deter the world from continuing sanctions against it."

Barak said at a party meeting that he doubts Iran would close the strait because that would only bring harsher international sanctions.

THE ASSOCIATED PRESS

War games

- The latest version of the Ghader missile was delivered in September to the naval division of Iran's Revolutionary Guard.
- Tehran said it is capable of destroying warships.

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L.A. arson spree ends with arrest

Investigators still busy mapping out sequence of fires, examining more than 100 clues, interviewing witnesses

Authorities arrested a man Monday in connection with dozens of suspected arson fires that destroyed parked cars, scorched buildings and rattled Los Angeles residents over the New Year's weekend.

Police declined to identify the man, but said he was to be booked later on arson charges arising from 53 fires that have flared since Friday in Hollywood, neighbouring West Hollywood and the San Fernando Valley.

The suspect resembled a "person of interest" captured on videotape Saturday near a carport. He was stopped early Monday in a van that matched a description given by witnesses.

Firefighters have not been called to any other suspicious fires since the man was detained, Capt. Jamie Moore said.

The blazes caused an estimated $2 million in damage, but there were no serious civilian injuries. One firefighter was hurt, and another person suffered smoke inhalation, Moore said.

Authorities declined to provide other details, saying they did not want to jeopardize the case.

Hundreds of investigators, police officers and firefighters raced to deal with the rash of fires over the holiday weekend. Police were kept on overtime, and the noise of helicopters and sirens persisted virtually nonstop in Hollywood.

THE ASSOCIATED PRESS

Suspect identified

- Authorities have identified Harry Burkhart, 24, as the suspect in dozens of apparent arson attacks over the holiday weekend. According to the Los Angeles Times, Burkhart is a Hollywood-area resident.

▶ A car owner tries to retrieve possessions from his vehicle as it burns due to arson Monday in a parking lot in Los Angeles. Eleven more suspected arson fires broke out in the city early Monday.

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Carnival Splendor + taxes & fees USD $56
CRUISE roundtrip Los Angeles and visit Cabo San Lucas (overnight) and Puerto Vallarta. Sails Sep 22/ccl.

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Norwegian Jade + taxes & fees $109
CRUISE Barcelona roundtrip and visit Funchal, Santa Cruz De Tenerife, Arrecife and Malaga. Sails Feb 18/ncl.

South Pacific 10-Night Cruise USD $865
Rhapsody of the Seas + taxes & fees USD $126
CRUISE Sydney roundtrip and visit Noumea, Mystery Island, Vila, Lifou Isle and Isle of Pines. Sails Feb 6/rci.

Hawai'i 13-Night Cruise USD $899
Celebrity Century + taxes & fees USD $69
CRUISE Honolulu to Ensenada and visit Honolulu (overnight),Kauai, Maui (overnight), Kona and Hilo. Sails Mar 23/rci. UPGRADE to oceanview stateroom for $29 per night.

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INCLUDES central accom overlooking Lake Michigan. Departs Feb 6/ggv/aa. UPGRADE to 4-star Affinia Chicago for $26 per night.

Miami Air + 3 Nights $459
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Hawaiian Island Combo Air + 7 Nights $1499
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Fort Lauderdale Air + 7 Nights $169◊
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Maui Air + 7 Nights 4-Star $899◊
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Occupy tags along with New Year's Day parade

The 2012 Tournament of Roses brought its flowery floats and strutting bands to a worldwide audience Monday under clear blue skies, and in its wake came a scruffier parade — several thousand anti-Wall Street protesters.

The 123rd annual New Year's Day parade drew hundreds of thousands of sidewalk spectators to see 44 floats, 16 marching bands and 22 equestrian troupes on U.S. television.

On the heels of the two-hour parade came several thousand Occupy Wall Street protesters in a pre-arranged demonstration.

The thunder of the retreating marching bands mingled in the air with chants of "Banks got bailed out, we got sold out" as the Occupy the Rose Parade demonstrators retraced about 2.4 kilometres of the 8.8-kilometre parade route before veering off for a rally near city hall.

THE ASSOCIATED PRESS

5,000

RINGO H.W. CHIU/THE ASSOCIATED PRESS

▶ Occupy protesters shadow the parade in Pasadena Monday.

Police did not release an official count but Occupy the Rose Parade organizer Pete Thottam estimated the crowd of protesters at 5,000.

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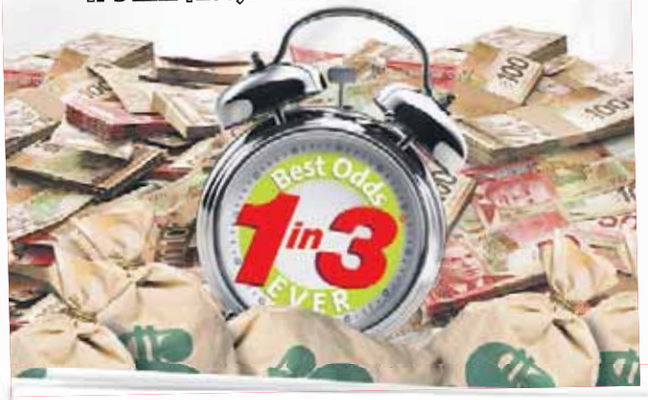

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Colombia	from 3.9¢/min	Mexico	from 1.9¢/min	U.A.E.	14.9¢/min
Cuba	89.9¢/min	Pakistan	5.9¢/min	Ukraine	7.9¢/min
El Salvador	9.9¢/min	Philippines	11.9¢/min	U.K.	2.9¢/min
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News in brief

Holocaust survivors outraged

CONDEMNATION. Images of ultra-Orthodox Jews dressing up as Nazi concentration camp inmates during a protest have drawn widespread condemnation and added a new twist to a simmering battle over growing extremism inside Israel's insular ultra-Orthodox community. THE ASSOCIATED PRESS

Saudi Arabia to enforce new lingerie law

FEMALES. Saudi Arabia said Monday it will begin enforcing a law that allows only females to work in women's lingerie and apparel stores, despite disapproval from the country's top cleric.

The 2006 law banning men from working in female apparel and cosmetic stores has never been put into effect, partly because of view of hardliners in the religious establishment, who oppose the whole idea of women working where men and women congregate together, like malls. THE ASSOCIATED PRESS

Veil ban nets 6 convictions

FINED. France's interior minister says that since a ban on face-covering Islamic veils took effect in April only six women have been convicted and fined.

Claude Gueant said in an interview with the daily Le Monde on Monday that no woman has been sent to a citizenship class, another potential punishment. THE ASSOCIATED PRESS

Abused girl to get treated

Sahar Gul, 15, was kept in her husband's basement for six months, tortured with hot irons, had her fingernails ripped out, Afghan officials say

A 15-year-old Afghan girl severely tortured for months by her in-laws in an attempt to force her into prostitution will be sent to India for medical treatment, an Afghan official said Monday.

Sahar Gul's mother-in-law and sister-in-law were arrested and her husband was being sought, said Interior Ministry spokesman Sediq Sediqi.

The case has shocked Afghanistan, though human-rights activists say serious abuses against women and girls in the conservative society are common. President Hamid Karzai has said that whoever used violence against Gul will be punished.

According to officials in northeastern Baghlan province, the in-laws kept Gul in a basement for six months, ripped her fingernails out, tortured her with hot irons and broke her fingers. Police freed her last week.

JAWED BASHARAT/THE ASSOCIATED PRESS

▶ Sahar Gul, a 15-year-old Afghan wife, is carried in a wheelchair to a hospital in Baghlan, north of Kabul, on Dec. 28.

The public-health and women's-affairs ministers visited Gul, who is now in a Kabul hospital. THE ASSOCIATED PRESS

Women's rights

- **Progress.** Afghanistan's Health Minister Suraya Dalil said that despite progress in women's rights, work remained to be done.
- **Taliban.** Even with much progress since the fall of the Taliban 10 years ago, the status of women in Afghanistan remains a problem area in a country with a strict patriarchal culture.
- **Banned.** Under Taliban rule, girls' schools were banned and women could only leave the house accompanied by a male family member.

January

3

Resolution ready.

67 calories per 341mL bottle. That's about half the calories of wines or mixed drinks*. Here's to a win-win resolution.

Must be legal drinking age. *Calculations based on an average serving (6 oz glass of wine and single serving of mixed drink). Details at molsoncanadian67.ca

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MMG Success Story of the Year

While we always love to share student success stories, on occasion one really stands out, surprising even us. This year we want to recognize ***Marc Ramsey*** *for providing our student success story of the year. Marc hit the ground running when he started working with MMG last spring. He has completed three flips including a high-rise luxury condo and a house that has been fully rehab-ed. Even more impressive is his most recent accomplishment.Marc just purchased a 44 unit apartment complex with three separate buildings for a mere $150,000. Once the rehab is completed, Marc will still be under $500,000. This will give him a stabilized asset of one MILLION DOLLARS with a NOI of over $200,000 per year. We cannot express how proud we are of Marc's accomplishment and are thrilled that MMG was able to help him realize his financial dreams.*

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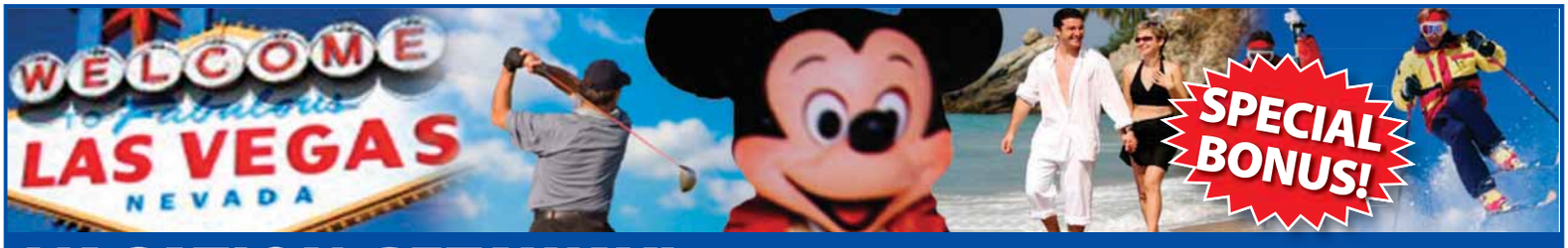

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Murdoch tweets resolutions

Media mogul Rupert Murdoch began the new year by setting up in a new field of communications: He started tweeting.

Murdoch, who is trying to recover from a year of scandal over extensive phone hacking at his U.K. newspapers, is posting on Twitter under the handle @rupertmurdoch, spokeswoman Daisy Dunlop of News International confirmed Monday.

The account was opened and reported on over the New Year's holiday, but many doubted its authenticity because Murdoch, 80, has generally tried to stay out of the spotlight in the wake of the scandal. His tweets include a short list of New Year's resolutions: "Try to maintain humility and always curiosity. And of course diet!"

46K Murdoch had attracted more than 46,000 followers by Monday morning, two days after he started tweeting.

Murdoch's wife, Wendi Deng, also started tweeting: She's @wendi—deng.

The Murdochs' debut on Twitter was met with both puzzlement and hostility.

John Prescott, former U.K. deputy prime minister, came up with one of the wittier responses:

"Welcome to Twitter," he writes to the mogul, whose reporters hacked into telephone messaging systems. "I've left you a Happy New Year message on my voicemail!" THE ASSOCIATED PRESS

▶ Locked-out workers and supporters picket and block a vehicle carrying non-union workers Monday at the Electro-Motive plant in London, Ont.

DAVE CHIDLEY/THE CANADIAN PRESS

CAW workers locked out

More than 420 members of the Canadian Auto Workers manned picket lines after being locked out by London, Ont., locomotive maker Electro-Motive. Contract talks collapsed last week after the company issued a final offer that would see wages slashed by half, pensions eliminated and other benefits gutted.

Canada's super-rich even richer: Report

By noon every day, top CEOs have made average worker's yearly salary

The richest of the rich are now making 189 times the average Canadian wage, a new report says.

The 100 highest-paid CEOs whose companies are listed on the TSX made an average of $8.38 million last year, according to figures pulled from circulars by the Canadian Centre for Policy Alternatives.

That's 189 times higher than the $44,366 an average Canadian made working full time in 2010. And it's a 27 per cent raise from the $6.6-million average salary for the Top 100 CEOs in 2009, the report says.

Regular Canadians, on the other hand, have seen their wages stagnate or fall over the past few years.

The top earner was Frank Stronach, honorary chairman of Magna International Inc., who took home almost $62 million in 2010. No. 2 on the list — Donald Walker, also of Magna — made $16.7 million. And the top banker was Richard Waugh of Bank of Nova Scotia, pocketing $13.8 million in pay, bonuses, options and perks. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 113.4 (11,955.09)	+ 0.37¢ (98.33¢ US)	- 82¢ US ($98.83 US)	$2.989 US (- 3.8¢ US)	$1,566.80 US (+ $25.90 US)

Keeping you in the know and on the GO

Changes to GO Bus services starting December 31, 2011.

More trips on some routes, changes and earlier departures on some trips.

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16 – Hamilton QEW

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21 – Milton
25 – Waterloo
27 – Milton Hwy 401

KITCHENER
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31 – Georgetown
39 – Guelph/Bramalea

HWY. 407 WEST
29 – University of Guelph
46 – Hwy 407 West
47 – Oakville/York University
48 – Guelph/York University

HWY. 407EAST
51 – Hwy 407 East
52 – Oshawa/York University
54 – Markham/York University

BARRIE
65 – Barrie
68 – Barrie/Newmarket
66 – Newmarket Hwy. 400

STOUFFVILLE
71 – Stouffville

LAKESHORE EAST
81 – Port Perry
88 – Peterborough
90 & 91 – Newcastle/Oshawa
93 – Durham College/UOIT
94 – Oshawa Hwy 2

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12 RESOLUTIONS WORTH KEEPING FOR 2012

SHE SAYS ...

JESSICA NAPIER
METRO

So have you broken all your new year's resolutions yet? Of course you have. Now forget those lofty ambitions that would have you forsake all your vices simultaneously, and let's try to focus on setting some small goals for the new year.

I've taken the liberty of compiling a list of 12 entirely achievable resolutions that I'd like you (yes YOU) to make and keep for 2012. Don't worry, I promise to try my best to adhere to them as well. After all, even a few minor changes can make the world a much better place for me, you and everyone we know.

1 I will stop Keeping Up with the Kardashians once and for all and spend more time with my own family.

2 I will stand right and walk left on escalators.

3 I will stop doing that thing where I see an acquaintance on the street and pretend I don't know them. We both know what's going on; let's just stop being awkward and say hello.

4 I will take better care of my hair because someday I might lose it all.

5 The same thing goes for my money.

6 I will resist the urge to 'Like' a Facebook status update about an engagement or pregnancy in order to prevent a never-ending stream of annoying comment notifications in the days that follow.

7 I will stop letting the smug woman behind the GPS navigation voice jeopardize my relationship, and surrender to the fact that maybe she does know best.

8 I will recognize that the only things that belong on the dinner table are food and cutlery, not my cellphone.

9 I will stop blaming public transit for my late arrival at the office every single morning and admit to myself (and my boss) that maybe I should be getting up 10 minutes earlier. Alternatively, I will think of some new excuses for my tardiness.

10 I will buy the $14 bottle of wine, not the $9 bottle. Yes, I want to save money, but the 12-hours-from-now version of me will appreciate my largesse.

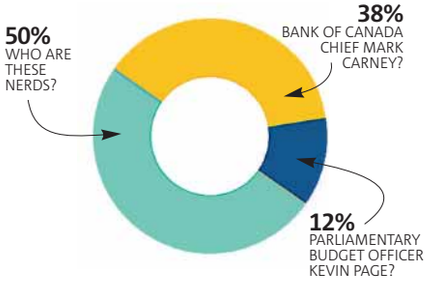
11 I will listen to my mother and wear the appropriate footwear for the weather conditions.

12 I will actually pay attention to the auto-correct function on my phone and stop sending embarrassing typo-filled messages to friends and family. After all, "Did you show your boss?" is a very different question than "Did you show your boobs?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Who would win a telepathic battle of smartness?



Local tweets

- **@dtopping:** Toronto had fewer homicides in 2011 than it's had in 25 years, but the real story's the rate—Toronto's getting safer as it gets bigger.
- **@McRosie26:** I'm from the greatest city in the world #Toronto
- **@JoshuaArielM:** I just arrived to #toronto. Its cold and white. I wann go back to #NovaScotia
- **@Ms_Consecrated:** -14 tmrw? Really #Toronto? Just like that? What did we do to piss you off so draaastically??? #teamfollowback
- **@jocelynisbored:** earlier I was watching the winter classic and during the canadian national anthem there were people chanting usa..... Why.....?
- **@MalekSmith:** 5 out of 6 top revenue generating nhl teams are Canadian but Phillly feels the need to boo our national anthem? #phillyisajoke
- **@Jack_Weber_:** @BShawLeafs27 Kinda ironic how they cheer Giroux and Briere when they come out, and then minutes later they boo their national anthem.

Daily Zoom

BINSAR BAKKARA PHOTOS/THE ASSOCIATED PRESS

Half of country's rainforests lost

Orphaned baby orangutans Septian and Seroja play inside a basket at a Conservation Programme facility in Batu Mbelin, North Sumatra, Indonesia. Indonesia has lost half of its rainforests in the last half century, putting the remaining 50,000 to 60,000 orangutans living in scattered, degraded forests in frequent, and often deadly, conflict with humans.

THE ASSOCIATED PRESS

Living in a concrete jungle

Veterinarians conduct surgery on an estimated 40-year-old orangutan named Puyul, who suffers from a broken leg, at their facility in Batu Mbelin, North Sumatra, Indonesia. Puyul broke his leg falling from a tree while being rescued by conservationists after he was found roaming a rubber plantation too close to a village. The vets also found air-rifle-pellet wounds in Puyul's body.

THE ASSOCIATED PRESS

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2 scene

Blasting gender roles

Bomb Girls is a new series that celebrates the strength of the women who worked in munitions factories during the Second World War Oscar nominee Meg Tilly plays the factory's supervisor

ANNE BRODIE
SCENE@METRONEWS.CA

In 1995, Oscar nominee Meg Tilly left Hollywood to write, and raise her family, including a son with Colin Firth.

She's back in a passion project, Bomb Girls, set in an Ajax, Ont., munitions factory during the Second World War.

Tilly relishes her role as Lorna, whose abusive husband returned from the war paralyzed and who supervises the girls on the factory line.

Tilly sat down with Metro to talk about Bomb Girls and gender issues that are still relevant in 2012.

"I have my little chickadees to look after on Bomb Girls," says Tilly.

"Everyone's younger than me and there's all this female power. It's very sweet.

"I feel so privileged to work in this environment. How often can you walk back in a chunk of time and explore it and life in it and love it?

"There is also such good will for this show. It was a brave choice to do such an unlikely look at the Second World War. The women had their jobs and husbands overseas but they were fighting behind the lines to protect their men and their children at home. They were soldiers."

HANDOUT

▶ Meg Tilly, shown in blue, says the reason she left acting was to give her children a chance to have a normal childhood.

Lorna is nurturing yet stern in this dangerous place, where one spark from a ring or hairpin could blow it sky high.

I wanted that, "Whoa, she's tough!" But why is she tough? If someone makes a decision you don't agree with you have to understand the whys. It's her job to keep the factory safe.

She doesn't want some dilettante coming here who could kill them all. I love the humanness of the characters, more noble than they realize.

One of her charges is Gladys, a headstrong Rosedale debutante played by Jodi Balfour. Gladys works in the office but dreams of joining the line, even as her father demands that she quit and marry. Balfour says the series reflects social realities that still exist.

These issues never become irrelevant. We may have come a long way in gender issues since the war and the overt discrimination, but those things still exist.

We have the resources to do something about them. Gender stereotypes discriminating against women can be dealt with; there are channels you can process these things through now.

But it doesn't mean attitudes have changed.

Balfour says the series inspired nostalgia for a time she never knew.

Entirely, but I've been like that all my life. I've always felt I was born into the wrong era. I relate so much to this way of being, the chivalry of it all.

It wasn't an easy time to be a woman and I am nostalgic for it. I feel I missed out on the best time to be alive.

And being wartime, they sucked the marrow out of every day.

Bomb Girls, starring Meg Tilly and Jodi Balfour, starts Wednesday night on Global.

Why Meg Tilly quit acting

I took my kids, always, on films. My daughter was in the third grade and I took her when I did Leaving Normal. When we went back, her best friend was best friends with someone else and there were only seven girls in the class and she didn't have anyone to eat lunch with and she cried. I thought this is why a lot of actors mess up. Coming from a challenging childhood, I didn't want to leave my kids with someone else. If I took them away with me six or seven months a year they wouldn't have any kind of life. I realised what would pay me the most for the least amount of time, so I did TV, guest stints and saved the money, socked it away and when I had enough, I quit.

Box office

Tom Cruise's new mission remains impossible to beat at the box office. Studio estimates Sunday placed Mission: Impossible - Ghost Protocol in the No. 1 spot for the second-straight weekend with $38.3 million. With a $141.2 million domestic total, it's the first $100 million hit with Cruise in the lead role since 2006's Mission: Impossible III. The movie led a solid New Year's weekend as Hollywood managed fair business to end a sluggish year on a more promising note for 2012. Sherlock Holmes: A Game of Shadows finished second again with $26.5 million, raising its domestic total to $132.1 million. The family sequel Alvin and the Chipmunks: Chipwrecked was still at No. 3 with $21 million to lift it to $94.6 million.

THE ASSOCIATED PRESS

Berlin film festival to honour Meryl Streep for career achievements.

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Contagion

Genre: Thriller
Director: Steven Soderbergh
Stars: Matt Damon, Kate Winslet, Jude Law

Steven Soderbergh's Contagion is the feel-bad movie of 2011. A star-studded thriller, it's reminiscent of 1970s disaster movies, yet it's more grounded in reality. The film details the rapid spread of a lethal new virus, MEV-1, and does so quite realistically, at least until an outbreak of maudlin illogic near the end.

Working as his own cinematographer from a script by screenwriter Scott Z. Burns (The Bourne Ultimatum), Soderbergh spares few sensibilities in outlining how quickly a contagion would cross international boundaries.

Gwyneth Paltrow is Patient Zero, a business traveller named Beth Emhoff, who is intriguingly introduced on Day Two of her swiftly developing infection — we don't immediately know what happened on Day One. Whatever Beth caught on a trip to China is now returning home with her to Minnesota, where her new husband, Mitch (Matt Damon), and young son are waiting to welcome her home.

Beth is barely through the door when crisis strikes. As Mitch struggles to take in what's happened to his family, governments attempt to grasp an escalating infection rate and body count as scientists search for a vaccine.

At times, Soderbergh seems to lose track of too many subplots that include a kidnapping, marital infidelity, a government inquiry and a father-daughter trek. But Contagion demonstrates he still has it in him to deliver a mainstream movie. Just don't forget to Purell before watching. Extras include making-of featurettes.

PETER HOWELL

Saldana and Cooper: It's on

After splitting with her fiancé of 11 years in November, Zoe Saldana has reportedly moved on to People magazine's Sexiest Man Alive, Bradley Cooper, according to E! News.

"They are totally dating," a source says of the pair, who co-star in the upcoming film The Words.

The source adds that the pair are trying to keep their budding relationship under wraps.

METRO

▶ Zoe Saldana

Celebrity tweets

@aplusk

In 2012 let's agree to a resolution to feel one another's pain & joy, & create the peace we desire through proactive generosity. XO ak

@lindsaylohan

It's good to sit with yourself and have alone time

@kelly_clarkson

5:30 AM is definitely too early to have to wake up.

@AlbertBrooks

My New Year's resolution was to stop tweeting.

▶ Kate Middleton and Prince William

Royal couple keeps things low key

Prince William and his wife, Kate Middleton, decided to cancel a holiday ski trip because of the continuing recession in England, according to Us Weekly.

"The palace thinks it would send a bad message to be away during this time," a source says.

The royal couple instead spent Christmas with the Queen in Norfolk before spending the rest of the holiday week with Middleton's family.

METRO

Brand and Perry: What happened?

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Without knowing either of the stars, please join me as I wildly speculate what drove Brand to file divorce papers last week.

Too much, too soon:

The two met in 2008 on the set of Brand's comedy Get Him to the Greek. After meeting again at the MTV Video Music Awards in 2009, the two started dating and it was infatuation at first sight.

Just four short months later, the two got engaged.

ALL PHOTOS GETTY IMAGES

▶ Russell Brand and Katy Perry

Perry was just 25.

The two got married at a tiger sanctuary in India eight months later.

Different lifestyles

Brand is a famous former heroin and sex addict, as well as a recovering alcoholic — and is now sober and likes to stay in, watching soccer.

Katy Perry sings songs about blacking out on Friday nights — and likes to party with people like Rihanna. Oh, and Perry's family are evangelical Christians. And, well, Brand is a recovering heroin, sex and booze addict.

The fame game

This has been the busiest year for Katy Perry — she became the first woman, and second artist overall following Michael Jackson, in the 53-year history of the Billboard Hot 100 to send five songs from an album to No. 1 with her sophomore effort Teenage Dream. She went on a massive tour, performed at most awards shows, and debuted a rainbow of new hair colours.

Brand starred in Arthur. Enough said.

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Germs

A study by researchers at Laval University found that bacteria thrives on paper products and even on unused paper towels. Research into bacterial transmission from paper towels has not previously been well documented.
THE ASSOCIATED PRESS

Study finds nearly quarter of women get a prenatal thyroid check

ISTOCK PHOTO

▶ It's that time of year when we set resolutions in place.

Plan, not procrastinate

New Year's resolutions are plentiful right now ◐ To make them stick, start making a plan

CELIA MILNE
LIFE@METRONEWS.CA

Want to lose weight by getting fit? Put it in your calendar.

Most New Year's resolutions fail because they are too lofty and vague. "Exercise more" is a tough instruction to follow. Where would you begin? Scientific studies have found people are more likely to be physically active if they make a realistic and detailed action plan.

Your action plan might look like this: "Monday: walk at the mall 7 p.m. for half an hour, medium intensity." Wednesday's plan could be: "Lift weights, at home, 8 a.m., 20 minutes, three repetitions." And Friday's plan could be: "Boot camp, at the gym, 5:30 p.m., 45 minutes, full intensity." On Saturday? Get outside and have fun.

"Baby steps are important," says Sammie Kennedy, the creator and CEO of Booty Camp Fitness, a growing company dedicated to helping women get active.

"When you make smaller changes over time, it becomes less overwhelming and you are more likely to gain positive momentum from actually achieving your small goals. You feel positive, you see results and you are far more likely to be successful in your larger, long-term goals."

Boot camps are growing in popularity because they are a fun and social way to lose weight and get fit. Booty Camp Fitness, which is run by women for women, has nearly 100 locations across Canada, including British Columbia, Alberta, Ontario and New Brunswick. Kennedy has observed that the most successful clients in her eight-week boot camps are those who declare their goals, attend class regularly and make small lifestyle changes they can stick with in their daily lives.

Get fit

Here's three tips for starting the New Year off right.

- **Start slow** Work your way up from exercising twice a week to as many days as you would like to achieve.
- **Change it up** Add something new/different to your fitness routine once a month.
- **Food is important** Eat a nutritious breakfast every morning.

NEED COOL DESIGN TIPS?
Read metro home every Thursday.

Good sushi, lengthy wait

The food at Kirei Sushi & Bar is fresh and intriguing, with attention given to presentation But slow service and smallish portions detract from experience

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

The holidays yield a bounty of rich, highly caloric food, so cleansing sushi seems the perfect antidote.

That is, if we could get some. The large room has a peaceful feel to it, but despite being mostly empty, more than 20 minutes pass before someone takes our drink order and then there's another lengthy wait for food. And that's only because I flag someone down.

Kirei Sushi & Bar
81 Church St. (at Lombard)
416-214-9393
Licensed: Yes
Rating: 2 out of 5

STEPHANIE DICKISON

Lunch Bento Box with Salmon Teriyaki

The food, however, is fresh and intriguing, with attention given to presentation and ingredients. The Lunch Bento Box ($15.95) features tender Salmon Teriyaki and one shrimp tempura encrusted with nuts.

A Crunch Roll ($9.95) boasts a sumptuous blend of deep-fried shrimp, yam and avocado topped with potato sticks. Even the Boiled Spinach Rolls ($5.95) are lightly seasoned.

As good as the food is, it's not worth the lengthy delay or smallish portions. Waiting — again — to get the bill, I wonder what happens when it's busy.

NEWS CANADA

BLT Egg Wrap

Preparation:

1. Cook bacon in non-stick skillet over medium heat until crisp. Set aside; wipe skillet.
2. Whisk together egg, onion powder, salt and pepper in small bowl. Pour into skillet; cook, stirring slightly, over medium heat.
3. Cook until eggs are thickened and no visible liquid egg remains. Spread tortilla with mayonnaise. Place lettuce on top; add bacon, egg and tomato. Fold wrap and serve. **NEWS CANADA**

Ingredients:

- Slice chicken or turkey bacon, cooked
- Egg
- ¼ tsp (1 mL) onion powder
- Salt and pepper, to taste
- Low-fat flour tortilla
- 2 tsp (10 mL) fat-free mayonnaise
- Leaf lettuce
- 1 tbsp (30 mL) tomato, diced

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

ISTOCK PHOTOS

Wipe Out Germs at Home Since germs tend to get passed around among family members, front-line wellness strategies include frequent handwashing and sneezing into a tissue or your sleeve, as well as getting a flu shot.

But taking some time this week to do some post-party housecleaning is also a good way to get rid of germs — just be sure you know which cleaners work, and which ones could make things worse. Writer Lisa Bendall checked it out in the December issue of Best Health.

"We don't need to sterilize our homes; we just need to keep them clean," says Dr. Camille Lemieux, associate director of the University Health Network's Infection Prevention and Control Unit in Toronto.

Indeed, Health Canada warns against using products in the home labelled 'antibacterial', 'antimicrobial' or 'bacteria-fighting', which typically contain benzalkonium chloride or triclosan, to kill common bacteria and viruses.

These chemicals may also wipe out the friendly bacteria we need to fight germs and stay healthy.

Plus, many health experts and agencies warn these products can lead to a rise in antibiotic-resistant bacteria.

(However, products with antibacterial chemicals may be recommended in institutional settings such as hospitals, where traffic is high and the volume of germs on surfaces can be greater.)

So, what works best at home?

Plain water won't suffice, but a cleaning product with a surfactant detergent will remove the germs we don't want.

Products with hydrogen peroxide or bleach can kill or inactivate viruses.

Products labeled 'disinfectant' will also inactivate disease-causing bacteria and viruses, and don't necessarily contain the antibacterial chemicals health experts recommend avoiding.

And good old vinegar and water (a 1:1 solution) may work, too.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS

Thoughts on ... Transitions

NEW YEAR. Throughout the course of our lives, we experience many endings and beginnings. Transitions are as natural as night and day. And so it is with our lives.

It may appear that transitions, at times, are thrust upon us dramatically and unexpectedly.

All of these events mean that we must leave something behind and then adjust to a new way of living, even if we feel totally unprepared to do so.

With each transition we have the opportunity to look at who we are and where we're headed.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

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NET WORTH — A BIG FRUGAL IDEA

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

The most effective ways to increase your assets are to save through an employer sponsored RRSP, pension or savings program.

I love setting financial goals for the new year. But over the years I've learned to pare back to just one or two that I can really focus on, rather than 10 smaller ones.

Take 60 seconds and think about what you'd like to change about your financial health in 2012. The most popular areas are debt reduction, frugal living and investing. All three of these elements contribute to your overall net worth; what you have left over when your total liabilities are subtracted from your total asset.

Where does your net worth stand? And no, your car isn't considered an asset so scratch it off the list.

My recommendation for you this year is to set a net worth goal. So, if your net worth is currently $12,500, aim to increase it through debt reduction and asset growth to $20,000 by the end of 2012.

Hands down, the most effective ways to reduce debt are to make your payments automatically on the day you get paid, pay a little extra each month (even $10 makes a difference), and negotiate your interest rates so that you pay as little interest as possible.

The most effective ways to increase your assets are to save through an employer sponsored RRSP, pension or savings program.

If you've been sitting on the fence about home ownership, stop renting and build equity in your own home. But, this only makes sense if your cash flow can handle it.

There are three sure-fire ways to erode your net worth; accumulating bad debt, spending your savings, and buying things you don't need.

Give some thought to setting a realistic net worth target you'd like to achieve in 2012. Then create a plan to make it happen.

Living a frugal life, minding your dollars and cents, will help you accomplish your goal and motivate you to improve your financial health.

Befriend your finances

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

This is an important day for me.

My new book Count on Yourself: Take Charge of Your Money (Simon & Schuster Canada) is now in stores and available online.

This marks book number 11 (the rest co-authored with David Cruise) so you wouldn't think I'd find it such a big deal any more.

But I do and it's because the topic has never been so important.

With the economic events of the past few years, our increasing debt load and the terrible state of so many retirement portfolios and savings plans — we must start taking charge of our money.

You don't need to be good in math or even comfortable with numbers in order to do so.

All that's required is a plan.

It's particularly vital for us to seize control in the realm of investing.

Most people hand over decisions about what they buy for RRSPs, RESPs, RRIFs and TFSAs to someone else because they are intimidated.

The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!

My goal in Count on Yourself is to give you the confidence and tools to set up and monitor a simple, safe, low-fee investment portfolio — and the best news is that it will out-perform most professionally constructed portfolios.

The first part of the book explores our attitudes toward money and how they stop us from taking charge of our money.

The second section offers tips to help you become financially organized while the third shows you how to evaluate your situation and needs.

Finally, I introduce you to a group of low-fee, low stress and easily understandable sample portfolios using Exchange Traded Funds (ETFs) and index mutual funds.

When you're finished you will be in control of your money whether you use an advisor or prefer to do it yourself.

After the initial setup it will only take 30 minutes a month to stay on top of your investments.

There's also a contest to win a one-on-one telephone consult with yours truly about anything to do with personal finance or investments.

You can enter through the Count on Yourself link on my website, alisongriffiths.ca.

Happy New Year all and I hope 2012 becomes a take-charge-of-your-money year.

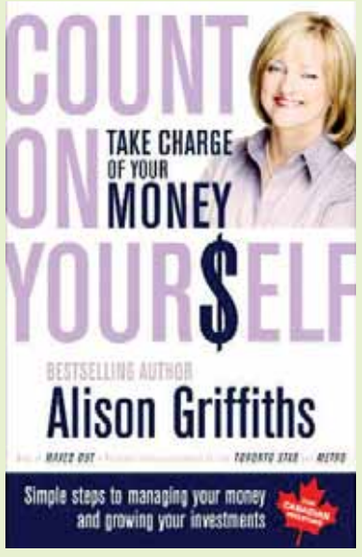
ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Get lucky

Alison Griffiths is offering a a contest to win a one-on-one telephone consult with her about anything to do with personal finance or investments.

You can enter through the Count on Yourself link on her website, alisongriffiths.ca.

"The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!"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Mr. MacPherson,
I recently moved into a new home, and was disappointed to find at least a dozen "housewarming gifts" from the neighbour's dog in our backyard. Being the new kid on the block, I do not want to make waves so quickly and am hesitant to have my introduction to the neighbours be in the form of a complaint. How can I tactfully ask them to prevent their dog from targeting my lawn — or, at least to pick up afterwards?
Best wishes,
JB

Dear JB,

Wow! Not the "housewarming gift" you expected I'm sure!

However let's think about this for a few minutes. Firstly, I would do nothing about the dog visiting your backyard (other than clean up the mess to start with), and secondly, I would make sure that my fence is in good order, with no holes, etc.

Now, how about taking the initiative and introducing yourself to your neighbour. This would allow you to start a friendly neighbourly relationship so that if, worst-case scenario, their dog does come into your yard, you will be in a much better and more comfortable position to approach them to deal with the issue. Good luck, and let us know how it turns out!

ISTOCK

▶ Let's hope this guy cleans up after his dog.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Students have big fish to fry

From tank to table High schoolers are learning about the cycle of life with help from the underwater world

JASON FRANSON/THE CANADIAN PRESS

▶ Jasper Place High School permaculturist Dustin Bajer says the food project he helped set up casts a wide enough net to teach most people in the school a lesson or two.

Allison Stevenson doesn't think she'll have a problem catching a fish from the tank, scraping off its scales, pulling out its bones and serving it for lunch in the school cafeteria.

Just as long as it's not the disabled little swimmer some fellow students have named Winky.

"I don't think we should eat the one that has one eye," says Stevenson, a Grade 11 student at Edmonton's Jasper Place High School.

"It's special. He's like our classroom pet."

Their teacher warned them about getting attached to the 100 tilapia donated by an Alberta fish farm and transported to the school in early December. By spring, the fish will be full-sized and destined for a frying pan.

It's all part of a unique project that teaches students about the cycle of life, the environment and the food they eat.

Hydroponic grow beds with vegetables and herbs sit on top of the school's largest fish tank. Through various hoses, water and waste from the fish feed the plants. The plants clean water that's returned to the fish tank. And scraps of vegetables left over from cooking are then fed to the fish.

"I think that having a fresh, healthy food source is a really great idea. A lot of students don't have enough fish in their diets."
DAKOTA LABOUCANE, STUDENT.

It's a big idea that takes place in a small corner of the school's culinary classroom.

Grade 12 student Dakota Laboucane takes a break from baking cookies to give the fish some wilting, shredded lettuce.

He's already coming up with mouth-watering recipes for using the flaky, white flesh in fish tacos and a version of coconut barramundi.

"All of it will be fresh and used the same day," says the 17-year-old, who wants to train as a professional chef after he graduates.

Through the culinary program, students get credit for college apprenticeships. They spend hours in the school's commercial-style kitchen cooking a healthy lunch each day for 2,500 students and staff. As if they weren't busy enough, they also do catering on the side.

Now they're hooked on fish.

"I think that having a fresh, healthy food source is a really great idea," says Laboucane. "A lot of students don't have enough fish in their diets."

He admits he is one.

The permaculture and culinary students are primarily taking care of the fish and plants. But because there are so many fish, and they're growing bigger, some are also swimming in tanks in a computer technology classroom.

Green guru

Leading the lunch rush

- Teacher Dustin Bajer spearheaded the fish project, after first helping the school establish a rooftop greenhouse as well as a farm forest in the courtyard that was once populated by smokers.
- With help from 15 regular members of the school's permaculture club, the gardens yield dozens of different plants — everything from tomatoes and zucchini to, they hope someday soon, grapes and kiwi fruit. And it all goes to the school's kitchen.

Chemistry students have been tasked with doing research into the science that makes the tiny eco system work, says Bajer.

And there's even a bit of sex education. Students are trying to identify the female fish and get them to breed.

The idea is to never run out of fish and eventually add new flavours to the tanks. The school has a commercial fishing licence that allows them to expand their tiny water farm to include other types of fish like salmon, eel and prawns.

JASON FRANSON/THE CANADIAN PRESS

▶ A grade 11 student prepares food during the culinary program at Jasper Place High School.

And there could be more related projects on the way. Teacher Dustin Bajer, who spearheaded the project, says students are thinking big — Moby Dick big.

Some have talked about putting bicycle-powered generators in the school's cafe to charge their cellphones and laptops. So why not produce energy to make their food?

"There's a fitness centre here. There are spin classes. How many generators could we get going? Could we basically produce enough electricity to at least offset the costs of the lights for the aquaponics system?" asks Bajer.

"Then it's off the grid."

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The long arm the law degree reaches

Are you debating whether to save your cents for law school? Here are a few reasons to dig into your wallet

JULIA WEST
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

A degree in law does not necessarily turn your career into a prime-time crime drama.

Many who have their Juris Doctorate, or JD, don't actually work in a courtroom or in a precinct.

Instead, they choose to follow more alternative routes while using that law school knowledge.

Check out just a few examples of where a law degree could take you.

Business owners

"A law degree tends to assist business owners in understanding corporate formation and governance, as well as identifying potential legal issues and pitfalls that may occur," explains Melanie Dubis, partner at Parker Poe Adams & Bernstein LLP.

"Additionally, a law degree simply helps individuals think in a critical manner when solving business problems."

Nonprofit work

Robert L. Spinks is the director of Oklahoma City University's new Nonprofit Leadership program.

"More and more people today — particularly young people — are coming out of school with a real passion for helping people," says Spinks.

"And they want to do it an organized, accountable way."

Journalism

"It's the logic skills, analytical systems thinking, persuasive writing and strategic problem solving we developed and honed in law school that attracts people with JDs to journalism," says Stephanie Schroeder, a graduate of New York Law School and a writer at Curve magazine.

MAY OLD WORK BLUNDERS BE FORGOT

2011 saw many workers lose their cases by way of self-sabotage Take in these tips for a successful 2012

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

ISTOCK

▶ If nothing changes, nothing changes. Workplace law takes harassment very seriously so speak up if you feel you're being bullied in the office.

2011 was the year of the employer as this column was replete with examples of employees wrecking their own cases, often through ignorance of the law, indifference, or worse, poor advice.

In light of these multiple failures, here is an offering of my top dos and don'ts for employees in 2012.

Document disputes

Written documents do not lie. People do. If you find yourself in a workplace dispute, take steps to document and then preserve your version of the events. Most court cases are resolved based on credibility so do not leave yours to memory.

Employment contracts

The single biggest problem in workplace law is that employees quickly sign contracts that reduce or eliminate their legal rights. Courts uphold these agreements even if they are one-sided, so avoid signing them or at least negotiate on the more unfavourable terms.

Off-duty conduct

Many employees believe that off-duty conduct cannot justify discipline. They are mistaken. Off-duty conduct that, in one way or another, demonstrates a revelation of poor character or is injurious to an employer's interests can result in dismissal. Similarly blog postings, social networking and emailing among coworkers are likely being monitored. Be careful what you write, otherwise it may follow you back to your desk.

Policy manuals

These documents are neglected by employees, often to their detriment. There were a number of court cases in 2011 that were ultimately decided in favour of employers on the basis of obscure language in their policy manuals, without any regard to what was otherwise fair. Read your policy manuals carefully.

Challenge workplace changes

An employer cannot unilaterally change any important working conditions without your consent. Many try to anyway. If you do not approve of the change, then you must protest it. By doing nothing, you will be deemed to agree.

Don't tolerate abuse:

2011 saw many high-profile harassment cases played out in the media and the courts. While judges may have previously been unsympathetic or reluctant to become involved in harassment claims, this is no longer the case. Employees with legitimate grievances should not remain 'in the closet' with their claims.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

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Canadians cautious as flu bug hits coaches

Canada's coaches needed a day without a game at the world junior hockey championship more than the players did.

Head coach Don Hay and assistant Scott Walker weren't on the ice for the practice Monday. The two were sequestered in the team hotel with the flu.

Assistant coaches George Burnett and Ryan Huska ran drills at Canada Olympic Park as the Canadians prepared for Tuesday's semifinal in Calgary.

Canada will face the winner of Monday night's quarter-final between the Czech Republic and Russia.

Huska expected Hay to be behind Canada's bench Tuesday night in a game that will determine which country plays for gold.

"Don, he'll be back," Huska said. "We're just taking all the precautions we can right now."

After going 4-0 to win Pool B, the Canadians had two straight days without a game and a bye to the semifinal. Sweden won Pool A with a 2-0-2 record and also had Monday off while Russia, the Czechs, Finland and Slovakia played quarter-final contests.

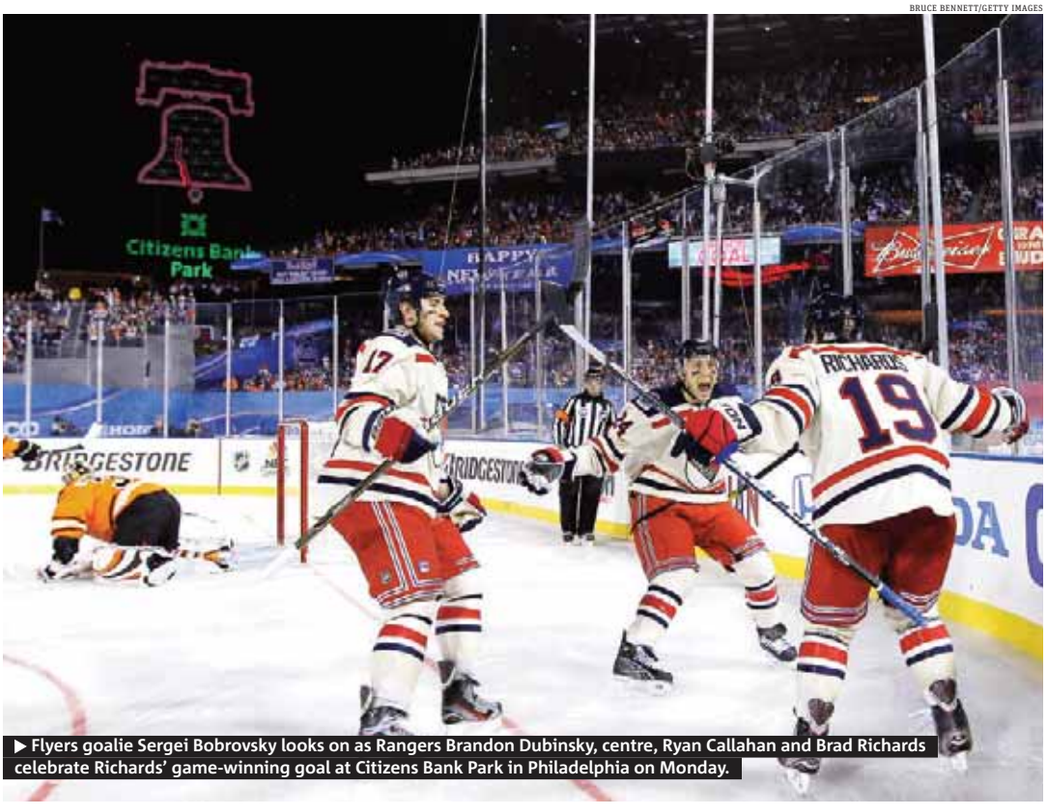
It's worrisome for the Canadians that the flu bug has struck. Forward Michael Bournival sat out last week's game against Denmark because of it, although he was back in the lineup for Saturday's 3-2 win over the U.S. in Edmonton. THE CANADIAN PRESS

JOHN ULAN/THE CANADIAN PRESS

"It'll probably help bring us closer together and remind us to take care of ourselves even more, so I think we'll be ready for the game (Tuesday)."

CENTRE FREDDIE HAMILTON ON HOW TEAM CANADA WILL BATTLE THROUGH THE FLU BUG

BRUCE BENNETT/GETTY IMAGES



▶ Flyers goalie Sergei Bobrovsky looks on as Rangers Brandon Dubinsky, centre, Ryan Callahan and Brad Richards celebrate Richards' game-winning goal at Citizens Bank Park in Philadelphia on Monday.

Rangers rise above the elements in Philly

Flyers' Briere has penalty shot turned aside in final seconds of Winter Classic ● New York coach Tortorella calls game's officiating 'disgusting'

Alone in the cold, it was up to Henrik Lundqvist to preserve a Winter Classic comeback.

His signature moment came with 19.6 seconds left after New York defenceman Ryan McDonagh was whistled for covering the puck in the crease. Flyers centre Danny Briere streaked down the ice — with bundled-up fans behind him — trying to send this one into overtime.

Lundqvist dropped to his knees on top of a chilly baseball field and stoned Briere when the centre tried to sneak it through his legs.

This made-for-TV showcase had found its brightest star.

Lundqvist stopped 34 shots, Brad Richards scored the go-ahead goal early in the third period and the New York Rangers rallied from a two-goal deficit to beat the Flyers 3-2 in the Winter Classic on Monday in front of 46,967 fans at Citizens Bank Park in Philadelphia.

RANGERS	FLYERS
3	2

"I was just trying to be patient and do my thing," Lundqvist said. "He's a sneaky guy, and there was a lot of pressure on me."

More pressure than most games in January. This game received the kind of hype normally reserved for the Stanley Cup final. NBC televised the game and HBO had 12 camera crews filming for its 24-7 series.

Rangers coach John Tortorella wondered if the officials wanted their own time in the spotlight to build the drama.

"I'm not sure if NBC got together with the refs to turn this into an overtime game. I thought the game was reffed horrible."

RANGERS COACH JOHN TORTORELLA ON THE WINTER CLASSIC'S OFFICIATING

"They called a penalty shot, which I still don't understand," he said.

"I just thought tonight, in that third period, it was disgusting."

Mike Rupp scored twice as New York won for the third time this season against Philadelphia.

Playing on a rink that stretched from first base to third base, the Rangers made the league's fifth Classic a memorable one to stay atop the Eastern Conference standings.

The NHL surrounded the rink with Christmas trees, firewood, fake snow, and even trash-can fires. But there was nothing artificial in the elements with snow flurries late in the second period and near-freezing temperatures.

The Flyers ended the game without Jaromir Jagr, their star forward who left the game in the second period. The 39-year-old Jagr said after the game he injured his left leg and expected to return soon.

Rookie Brayden Schenn and Claude Giroux scored to give the Flyers the early lead, as it appeared early on that the home team would open 2012 with a win.

THE ASSOCIATED PRESS

4 sports

Leafs preview

Tampa Bay at Toronto
7 p.m.
TV: SNET

The Maple Leafs (18-15-5) return home to start 2012 against Tampa Bay (17-17-3). The Lightning have won their last three games by a combined score of 14-6. Steven Stamkos scored six of those goals and leads the league with 26. Martin St. Louis is on a seven-game point streak in spite of the full face mask he's required to wear while he recovers from a facial injury. Mathieu Garon started 11 of Tampa Bay's 13 games in December. Victor Hedman (concussion) was hurt in last week's 5-1 win over the Flyers and is out indefinitely.
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Sports in pictures

PHOTOS
1. NED DISHMAN/GETTY IMAGES
2. MARC SEROTA/GETTY IMAGES
3. VEZRA SHAW/GETTY IMAGES

1 Hanley Ramirez says he'll accept a position switch to third base so Miami Marlins newcomer Jose Reyes can play shortstop.

2 The Indianapolis Colts have fired team vice-chairman Bill Polian and his son, Chris, the club's general manager. Owner Jim Irsay announced the moves Monday, one day after the team finished the year 2-14. Head coach Jim Caldwell was retained.

3 The Buccaneers fired Raheem Morris on Monday after his three seasons as Tampa Bay's head coach. Morris went 17-31, including a 10-6 mark in 2010, when the Bucs (4-12) narrowly missed the playoffs.

THE ASSOCIATED PRESS

ANDY LYONS/GETTY IMAGES

▶ Cincinnati's Brandon Tate runs with the ball against Baltimore on Sunday.

Bengals get one more shot

After going 0-7 against other teams that made the playoffs, Cincinnati has something to prove

The Cincinnati Bengals had seven chances to beat a top-tier team during the season, and lost all seven games. Their eighth comes in the playoffs.

It's one more chance to show they belong with the league's elite.

The Bengals' enchanted year has stretched into the post-season, a most improbable finishing place for one of the NFL's youngest teams. They had a lot of things go their way — the schedule was favourable and most of their key players avoided serious injuries.

And, in the end, the Bengals (9-7) got into the playoffs with a lot of help. The Jets, Broncos and Raiders melted down, allowing Cincinnati to claim the final wild-card berth despite a 24-16 loss to Baltimore.

"We definitely haven't played our best game yet."
BENGALS QUARTERBACK ANDY DALTON

They'll play at Houston on Saturday.

"The sky's the limit for our team," offensive tackle Andre Smith said. "I think we're going to take advantage of this week."

They've got the chance because they've been good at beating bad teams.

The Bengals went 0-7 against other teams in the playoffs — AFC North rivals Baltimore and Pittsburgh, as well as Denver, San Francisco and Houston. Their nine wins came against teams that had a combined 43-85 record.

Five of their nine wins came against teams that finished in last place. They beat only one team that finished with a winning record — Tennessee.

"It's just unfortunate that we're losing to some of the better teams," defensive tackle Domata Peko said. "We've been in each of those games, a play or two away from winning those games.

"But we're just happy around here that we're in the dance and have to now prove to the world that we belong here."

Although they haven't beaten another playoff team, they've come close. Often, they've fallen behind and rallied to another near-miss. Their only blowout loss was 35-7 at Pittsburgh. Otherwise, they've lost by two, five, seven (twice) and eight points to the other playoff-bound teams.

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Raptors escape from New York

Team hangs on to beat Knicks after nearly blowing 18-point lead ◐ Bargnani, DeRozan both have 21 points

RAPTORS	KNICKS
90	85

FRANK FRANKLIN II/THE ASSOCIATED PRESS

▶ Jose Calderon and Amir Johnson knock the ball away from New York's Tyson Chandler.

Dwane Casey cracked a smile and had to suppress a little laugh when he was asked early last evening how he expected his Raptors to respond in their first of many back-to-back situations in the compressed NBA regular season.

"I don't know," he said. "I'm not trying to be facetious, I don't know. I'm anxious to see.

"I've told the guys this is part of the NBA, and it's going to even get tougher. Our three games in three nights is coming about, so we'll find out."

A few hours later, as emotionally spent as his players were physically worn out, Casey wandered off the Madison Square Garden floor a winner, his team finally hanging on to get one, a 90-85 victory over the New York Knicks.

It was far from the prettiest NBA game ever played — too many fouls, some awful shooting, two entirely spent rosters barely hanging on in the final fateful minutes — but it's what the league is going to be a lot of times this year, tests of survival rather than displays of excellence.

But for the Raptors, it was as good as it can get: They saw an 18-point lead disappear almost entirely but got some important production in the final few seconds from Andrea Bargnani — a big bucket and two key free throws — and contested a potential game-tying Carmelo Anthony three that missed badly.

Bargnani finished with 21 points, the same as DeMar DeRozan, as the Raptors were finally rewarded with a win from a good night's work.

Jose Calderon, with nine points and 12 assists, logged a season-high 43 minutes but calmed things down offensively late in the game when the Raptors needed it most.

Anthony led the Knicks with 35 points and Toney Douglas had 22.

The Raptors did have the benefit of catching a Knicks team with a barren bench and a distinct lack of offensive firepower. Amar'e Stoudemire missed the game with a bad ankle, a knee injury has rookie Iman Shumpert on the inactive list, and Baron Davis is still weeks away from being able to even practise.

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Ticats land Burris in trade with Stampeders

Henry Burris is Hamilton-bound.

The Calgary Stampeders dealt the veteran quarterback to the Hamilton Tiger-Cats on Monday night in a three-player deal, according to two league sources requesting anonymity.

In return, the Stampeders receive quarterback Kevin Glenn, an 11-year veteran who spent the last three seasons with Hamilton. They also get offensive lineman Mark Dewit, a Calgary native who played his college football at the University of Calgary, and future considerations.

Officials with the Stampeders offered no comment on the trade and the Ticats did not immediately respond to questions from The Canadian Press. There was also no mention of the deal on Burris' website.

But Glenn tweeted on Sunday: "NEW & EXCITING THINGS IN MY FUTURE!! CAN'T WAIT (Bart Scott voice)."

The deal ends months of speculation regarding Burris' future in Calgary after losing his starting job to backup Drew Tate late last season. But it became crystal clear last week that the six-foot-two, 219-pound Burris' days in Alberta were numbered after the Stampeders signed Tate to a long-term contract extension.

Calgary finished tied with B.C. and Edmonton for the CFL's best record at 11-7. But the Stampeders were relegated to third in the West Division after losing the season series to the Lions and Eskimos, then ended the campaign with a 33-19 semifinal loss to the Esks.

The 36-year-old Burris, the CFL's outstanding player in 2010, was in his second stint with the Stampeders and spent a total of nine seasons there. He is Calgary's all-time leader in passing yards (32,171), touchdowns (233) and completions (2,167).

THE CANADIAN PRESS

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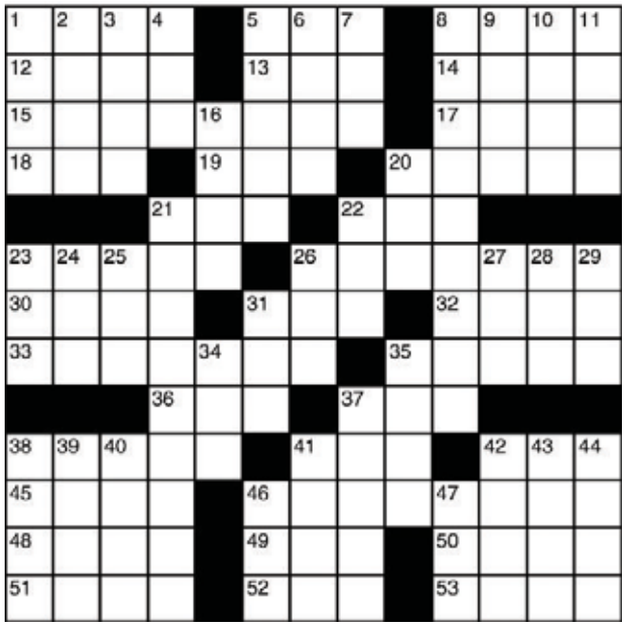
Crossword



Across

1 Level in a hierarchy
5 Lower limb
8 Tranquil
12 Burn soother
13 Hockey surface
14 Hodgepodge
15 Road on a cliff's face
17 Nevada city
18 Greek vowel
19 Carnival venue
20 Beginning
21 Private place to sleep?
22 Compete
23 Cookwear?
26 Guys
30 Back
31 Chicken —
32 Concept
33 Current generator for some engines
35 Confuse
36 A Gabor
37 Ph. bk. data
38 Wooden box
41 Ultra-modernist
42 Periodical, for short
45 Stereo setup
46 City in Ontario
48 "Oh, woe!"
49 Pt. of speech
50 Therefore
51 Impudent
52 Spelling contest
53 Physical

Down

1 Compete on a track
2 Greatly
3 Mrs. Nick Charles
4 Documentary film-maker Burns
5 Within the law
6 Reverberate
7 "Golly!"
8 Roddy McDowall's "Planet of the Apes" role
9 Brewery products
10 Queue
11 Academic
16 Press
20 Lubricate
21 Musician in the brass section
22 Irritate
23 Upper limb
24 Shell game item
25 Tatter
26 Egg — yung
27 Peculiar
28 Become one
29 Utter
31 Sch. org.
34 Previous night
35 Apollo's landing site
37 Chutzpah
38 Bloke
39 Anger
40 Somewhere out there
41 Protuberance
42 Fraternal surname of comedy
43 Plankton component
44 Snatch, with "onto"
46 Taxi
47 Teeny

Last crossword's answer

Sudoku

	9		6	1				
	3		9				7	5
		8	4			2		
						7	8	2
9				3				1
8	7	4						
		7			5	1		
3	5				4		2	
				2	6		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Last sudoku's answer

4	6	5	3	2	7	8	1	9
9	1	3	8	6	5	4	7	2
8	7	2	9	4	1	3	5	6
2	9	8	6	5	4	1	3	7
5	4	1	7	3	2	6	9	8
6	3	7	1	8	9	2	4	5
3	5	4	2	9	6	7	8	1
1	8	6	5	7	3	9	2	4
7	2	9	4	1	8	5	6	3

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

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FROM YOUR HERO

hey
A long time ago was swimming in dizziness every time we touched. Kisses left me craving, phone calls left me expecting, texting left me wondering. Since then we changed for whatever reasons unknown and faded into yesterday. For a fleeting moment felt like I was in heaven! Ah, the hell with romance and true love. Its all lies. Just a fool who let self be fooled. Foolish
FROM ME

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It may seem to others as if nothing ever fazes you but in reality you are quite easily upset.

♉ Taurus April 21-May 21 You will splash out on something shiny that catches your eye today, but you may regret it tomorrow.

♊ Gemini May 22-June 21 Think before you act today because if you let your impulses get the better of you there is no telling where it might lead.

♋ Cancer June 22-July 22 It is possible to be too generous for your own good.

♌ Leo July 23-Aug.23 Don't let your personal feelings interfere with what you must do on the work front today.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of authority may be an idiot but they have got the power to make life difficult for you, so watch what you say.

♎ Libra Sept. 23-Oct. 23 A drama could so easily become a crisis.

♏ Scorpio Oct. 24-Nov. 22 A small change you make today could result in huge consequences further down the line.

♐ Sagittarius Nov. 23-Dec. 21 If your life seems complicated it is only because you are making it complicated.

♑ Capricorn Dec. 22-Jan. 20 Watch out you don't fall heavily for someone who is really not suitable for you at all.

♒ Aquarius Jan. 21-Feb. 18 You may be able to do a particular job better than anyone else but that does not mean you have to do it.

♓ Pisces Feb. 19-March 20. Don't let problems of a domestic nature get you down over the next 24 hours. Most likely by this time tomorrow they will no longer exist, so stay calm and keep smiling.

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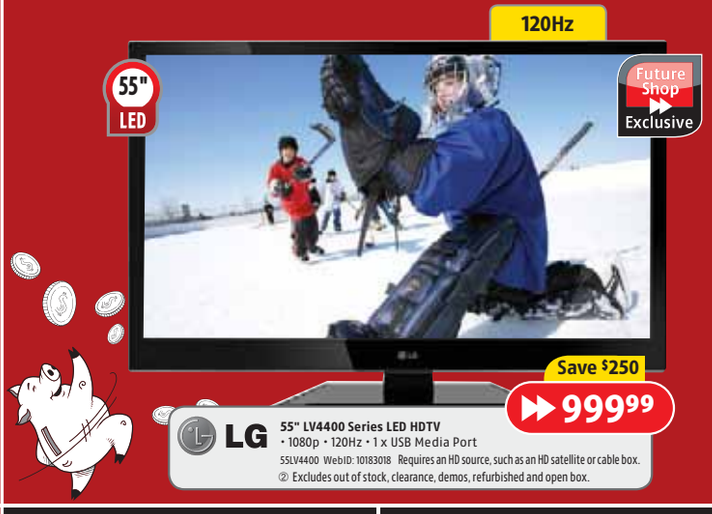

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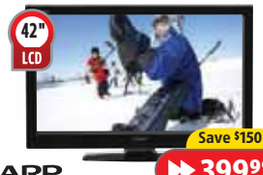

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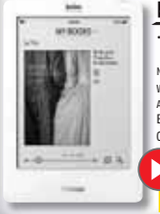

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